

ADVANCING Suicide Prevention in Missouri

Rationale

With a suicide rate historically higher than the national average, suicide claims the lives of over 700 Missourians each year. In addition to completed suicides, there are also thousands of hospitalized attempts, and countless other non-hospitalized attempts.

These events affect the lives of thousands more.

Although suicide affects all segments of our population, it is a highly prevalent and disturbing problem among our youth. In 2004, suicide was the second leading cause of death for Missouri youths ages 15 to 19.

In 2005, nearly 15.3% of Missouri students surveyed reported that they had seriously considered attempting suicide during the previous 12-month period, with 7.1% having actually *attempted* suicide.

These statistics drive home the importance of recognizing and reducing the risk factors associated with suicidal behavior as well as choosing evidence-based methods of preventing suicide. During this workshop you will receive valuable information about existing resources and available programs, while also having the opportunity to network with others working in the field of suicide prevention.

General Information

Registration Fee — The registration fee is \$59.00 for both days, which includes instruction, handout material, certificate of attendance, and lunch. An email will be sent to you once your registration has been processed. If you do not hear from us within 10 days, please contact Sara Robbins at 573.526.3065.

Conference Location and Lodging — The conference will be held at the Capitol Plaza Hotel, 415 West McCarty St., Jefferson City. A limited number of rooms are available at the rate of \$60.00 per night. Advanced reservations are required. Call the hotel **Reservations Department** at **800.338.8088** and mention the **Lincoln University room block**. Directions to the hotel will be emailed with your conference confirmation.

Substitution — Substitutions are allowed by notifying us in writing. Registrants who do not attend will be billed the full registration fee. *No refunds.*

Special Needs — The Missouri Department of Mental Health and Lincoln University comply with the guidelines set forth in the Americans with Disabilities Act of 1990. If you notify us at 573.526.3065 as soon as possible, reasonable efforts will be made to accommodate your special needs.

Accreditations — Lincoln University will provide 1.0 Continuing Education Units (CEUs) for this activity for \$15 per certificate. Applications for CEUs will be available at registration. A completed application along a check or money order for \$15 made payable to Lincoln University must be returned to the registration table prior to departing the conference.

Application for Professional Development educational clock hours will be submitted to: the National Association of Social Workers-Missouri Chapter.

All attendees will receive a certificate of attendance.

**Capitol Plaza Hotel
415 West McCarty
Jefferson City, MO
September 10–11, 2007**

Objectives

Upon completion of the program, attendees will be able to:

- List at least three warning signs of suicide
- List at least three risk and protective factors regarding suicide
- Identify suicide prevention & postvention resources, including survivor support groups
- Describe evidence-based & culturally diverse suicide prevention programs
- Describe programs such as QPR & safeTALK

This two-day conference is designed for anyone with an interest in preventing suicide, including survivors of suicide and service providers from health, mental health, education, and other fields.



Workshops

1A - Suicide, It's Time to Talk About It

This workshop discusses different avenues of getting the word out to our teens about the seriousness, prevalence and the hopefulness of getting treatment for teen depression before it is too late. From our ears to our mouths how can parents and teachers address this sensitive but tragic topic of teen suicide.

PRESENTER: **Marian McCord**,
Co-Founder and Director of CHADS
(Communities Health Adolescent
Depression & Suicide) Coalition for
Mental Health, St. Louis

1B: Suicide is Everyone's Business (emphasis on mature adults)

The definition of good health includes physical wellness, mental wellness and social wellness. This presentation highlights these three focus areas as well as alerts providers, relatives and friends as to what they can do to promote optimal health.

PRESENTER: **Edna Chavis, Ph.D.**,
Professor of Gerontology,
Department of Social &
Behavioral Sciences, Lincoln
University, Jefferson City

1C: QPR (Question, Persuade and Refer)

Gatekeepers trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help – three simple steps that anyone can learn to help save a life.

PRESENTER: **Bob Whittet, LCSW, ACSW**, Vice President of Central Operations, Pathways Community Behavioral Healthcare, Inc.,
Jefferson City

2A: The Kansas City Evidenced-Based Model of School-Based Suicide Prevention

Discussion of efforts to reduce adolescent suicides and how information on help pathways can aide in designing school based programs. A "Help Pathway" is the combination of factors that inhibit and facilitate motivation to seek and sustain meaningful, suicide risk-reducing help; including the system

context, identification activities, help promotion, linkage to care and quality treatment. The Kansas City Information-Driven Community Coalition Programs will be presented for the discussion.

PRESENTER: **Stanley Edlavitch, PhD, MA**, Professor of Epidemiology and Informatics, UMKC School of Medicine; Member, Suicide Prevention Advisory Committee, Kansas City

2B - Suicide Prevention & Religion

This workshop explores the role of the church and religious leaders in preventing suicide and responding to suicide. In addition to a brief exploration of the historical response to suicide, barriers and challenges will be discussed as well as strategies for the faith-based communities as they respond to and educate others about suicide prevention.

PRESENTER: **Aurita Prince Caldwell, M.Ed.**, Policy Liaison & Assistant to Division Director, Division of Maternal Child & Family Health, Department of Health & Senior Services; Member, Suicide Prevention Advisory Committee, Jefferson City

2C - safeTALK:

Suicide Alertness for Everyone

This program teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. *safeTALK* stresses safety while challenging taboos that inhibit open talk about suicide.

(This presentation is limited to 30 participants.)

PRESENTER: **Elizabeth Makulec**, Executive Director, Kids Under Twenty One; Member, Suicide Prevention Advisory Committee, St. Louis

3A: Risk Taking Behaviors & Youth

Youth whom engage in risk taking behaviors (such as Self Injury, "The Choking Game" and Bullying) are also at high risk for depression and suicide. This presentation will increase awareness about these behaviors and address what you can do to help prevent them.

PRESENTER: **Kristina Kersting**, Program Facilitator, Kids Under Twenty One, St. Louis

3B: Gambling & Suicide

Participants will gain an understanding of the commonalities and complications of gambling and suicide risk. Gambling problems, depression and suicidal behaviors will be discussed as well as how other disorders complicate the picture. Assessing gambling addicts and intervention issues will also be presented.

PRESENTER: **Susan M. Self, LCSW, CCGC**, Director, Life Crisis Services and Employee Counseling Services, Vice-President, Telephonic Services, St. Louis

4A: What a Difference YOU Make! An Update on Mental Health Stigma in Missouri

An overview of the MIMH Study: "Telephone Survey of Missourians Regarding Attitudes Toward People with Mental Illness" and current efforts to reduce mental health stigma in the state.

PRESENTERS: **Rita McElhany**, Community Development Manager, Department of Mental Health, Jefferson City.
Michelle A. Patterson, M.A., Research Specialist, Missouri Institute of Mental Health, St. Louis

4B: The Family Left Behind: A Spiritual Perspective on Suicide & Its Relationship to Substance Abuse

This workshop addresses the elevated risk of suicide for substance abusers and the need to prepare faith-based ministries to recognize and address the issues of a person at risk.

PRESENTER: **Donna Scott**, Executive Director, Unmasking Suicide, Inc.; Board Member, National Organization for People of Color Against Suicide; Member, Suicide Prevention Advisory Committee, St. Louis.

4C: Learn to Lead a Local 'Survivors of Suicide' Group

This program is for survivors to learn how to develop and facilitate a support group. The training is appropriate for those who would like to start a new group or for current facilitators.

PRESENTER: **Deborah Oliver, LPC**, Domestic Violence/Sexual Assault Investigator, Criminal Division, Cape Girardeau Police Department, Cape Girardeau; Director, Survivors of Suicide Support Group of Cape Girardeau County

4D: safeTALK: Suicide Alertness for Everyone
See Workshop 2C

5A: Reducing Suicide Incidence in High Risk Populations

This session will review strategies for organizations to reduce suicide rates in populations, with special attention to people with a psychiatric diagnosis.

PRESENTER: Mark C. Johnson, M.D., Medical Director, BJC Behavioral Health; Associate Professor of Clinical Psychiatry; Washington University School of Medicine, St. Louis

5B: The Suicide - Domestic Violence Connection: Risk Reduction Knowledge & Skills

Research has identified linkages between intimate partner violence and PTSD as risk factors for suicidality by women. This workshop will explore the connection between suicide and domestic violence and identify ways mental health professionals can screen and assess for partner abuse and suicide risk.

PRESENTER: Fran S. Danis, PhD, Associate Professor, School of Social Work, University of Missouri - Columbia, Columbia

6A: A Panel Discussion of Mental Health Issues and Schools

This interactive session includes discussion on the need to address mental health issues within the school setting.

PRESENTERS: James Koller, Ph.D., Co-Director, Center for Advancement of Mental Health Practices in Schools, University of Missouri-Columbia, Columbia.

John Robbins, MA, Supervisor, Guidance and Placement Services, Division of Career Education, Department of Elementary and Secondary Education; Member, Suicide Prevention Advisory Committee, Jefferson City.

Neal Penberthy, Retired High School Principal; Board Member, CHADS Coalition for Mental Health, St. Louis *(Additional panelists will be added.)*

6B: CIT: How It Can Serve Your Community

An overview of the Crisis Intervention Team (CIT) program, a community partnership among law enforcement, mental health professionals, consumers and family members. This presentation will also discuss how the Mid American CIT Council impacts the Mental Health Community in the KC Metro area.

PRESENTER: Nelson (Nikk) Thompson, Lee's Summit Police Department (retired), Independence

6C: License to Mend: A New Normal - Survivors of Suicide

A presentation on the understanding of traumatic grief and the unique struggles family and friends struggle with in the healing process, followed by a panel discussion.

PRESENTERS: Bonnie Swade, Coordinator, SASS-MoKaN (Suicide Awareness Survivor Support), Kansas City. **Sherri Hunger,** Volunteer, Yellow Ribbons Program, Holt's Summit. **Sheila Osborn,** Assistant Director, NAMI of Greater Kansas City; Member, Suicide Prevention Advisory Committee, Kansas City

6D: QPR (Question, Persuade and Refer)

See WORKSHOP 1C

GENERAL SESSIONS:

Rock Bottom Success

In 2000, Kevin became one of the 29 people known to have jumped off of the Golden Gate Bridge and survive. Kevin has since learned to deal with mental illness in a healthy way. His presentation discusses bipolar disorder, depression, suicide and survival.

PRESENTER: John Kevin Hines, Suicide Attempt Survivor, California

Effective Suicide Prevention: Lessons Learned from 50 Years of Army Suicide Prevention Efforts

PRESENTER: LTC Michael L. Russell, Licensed Clinical and Forensic Neuropsychologist; Director, Suicide Prevention Office, Headquarters, U.S. Army Medical Command

Building a Resilient Community: Past Illusions, Current Realities, and Future Success

Resiliency is crucial in maintaining a healthy mental disposition. The concept of resiliency will be explored and put into meaningful context for suicide prevention efforts.

PRESENTER: Linda Torsani Fatkin, M.A., Psy., Research Psychologist, PRISM Resiliency Resources, Joppa, Maryland

Legislative Update and Advocacy via the Internet

This interactive presentation will provide an update on the status of federal legislation and demonstrate how the internet can be used as a way to advocate for state and federal suicide prevention and mental health policies.

PRESENTER: Brian Altman, J.D., Director of Public Policy and Program Development, Suicide Prevention Action Network USA, Washington, DC

Tuesday, September 11, 2007

Lincoln University

Scruggs University Center/Ballroom

Schedule of Events

- | | |
|--------------------|--|
| 7:30-8:00 a | Registration & continental breakfast |
| 8:00-8:30 a | Department of the Army & Lincoln University (MO) Form Multi-Disciplinary Suicide Prevention Team Madeline Swann, Ph.D. Army Research Laboratory |
| 8:30-9:00 a | Army Suicide Prevention Program Mr. Walter Morales, Program Manager Suicide Prevention/HIV/DNA Programs |

9:00-9:30a

Preventing the Implosion of the Military Family

Linda Fatkin, M.A., Psy
PRISM Resiliency Resources

9:30-9:45 a

Break

9:45-11:45 a

Suicide Prevention for Soldiers & Suicide Prevention for Leaders

CH (LTC) O. Wayne Boyd & Jim Cartwright, Ph.D., SW, Directorate of Health Promotion & Wellness U.S. Army Center for Health Promotion & Preventive Medicine

11:45-12:00 p

Break

12:00-1:00 p

Lunch and Closing Remarks

LTC Michael L. Russell
Director, Suicide Prevention Office
Headquarters, U.S. Army Medical Command

GENERAL SESSION SPEAKERS

John Kevin Hines: In 2000, during his freshman year of college, Kevin became one of the 29 people known to have jumped off of the Golden Gate Bridge and survive. Kevin has since learned to deal with mental illness in a healthy way. His presentation discusses bipolar disorder, depression, suicide & survival.



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**Suicide Prevention in Missouri
September 10–11 2007**



**Capitol Plaza Hotel
415 West McCarty
Jefferson City, MO
September 10–11, 2007**

Missouri Department of Mental Health
1706 E. Elm
PO Box 687
Jefferson City, MO 65102

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**Suicide Prevention in Missouri
September 10–11 2007**

MONDAY – SEPTEMBER 10, 2007

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| 8:00 | Registration and Conference check-in |
| 9:00 | Welcome and Opening Remarks Dr. Annette Digby, Vice President for Academic Affairs and Provost, Lincoln University Joe Parks, MD, CPS Division Director, Department of Mental Health Keith Schafer, Ed.D., Director, Department of Mental Health |
| 9:30 | Opening General Session Rock Bottom Success – John Kevin Hines |
| 10:30 | Refreshment Break |
| 10:45 | Breakout Sessions |
| | 1A – Suicide, It's Time to Talk About It |
| | 1B – Suicide is Everyone's Business (emphasis on mature adults) |
| | 1C – QPR (Question, Persuade, Refer) |
| 12:00 | Lunch Provided |
| 12:45 | General Session Effective Suicide Prevention: Lessons Learned from 50 Years of Army Suicide Prevention Efforts - LTC Michael L. Russell, Licensed Clinical and Forensic Neuropsychologist; Director, Suicide Prevention Office, Headquarters, United States Army Medical Command Building a Resilient Community: Past Illusions, Current Realities, and Future Success - Linda Fatkin, M.A., Psy. |
| | Break |
| 2:15 | Breakout Sessions |
| | 2A – The Kansas City Evidenced-Based Model of School-Based Suicide Prevention |
| | 2B – Suicide Prevention and Religion |
| | 2C – safeTALK: Suicide alertness for everyone (Super Session - 2:15-5:00) |
| 3:30 | Refreshment Break |
| 3:45 | Breakout Sessions |
| | 3A – Risk Taking Behaviors and Youth |
| | 3B – Gambling and Suicide |
| 5:00 | Adjourn |

TUESDAY – SEPTEMBER 11, 2007 (Capitol Plaza)

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| 8:00 | Registration and Conference check-in |
| 8:30 | Breakout Sessions |
| | 4A – What a Difference <u>YOU</u> Make! An update on mental health stigma in Missouri |
| | 4B – The Family Left Behind: A Spiritual Perspective on Suicide & Its Relationship to Substance Abuse |
| | 4C – Learn to Lead a Local 'Survivors of Suicide' Group (Super Session 8:30-11:15) |
| | 4D – safeTALK: Suicide alertness for everyone (Super Session 8:30-11:15) |
| 9:45 | Refreshment Break |
| 10:00 | Breakout Sessions |
| | 5A – Reducing Suicide Incidence in High Risk Populations |
| | 5B – The Suicide-Domestic Violence Connection: Risk Reduction Knowledge and Skills |
| 11:30 | Lunch Provided |
| 12:15 | General Session Legislative Update and Advocacy via the Internet - Brian Altman, SPAN USA |
| 1:15 | Break |
| 1:30 | Breakout Sessions |
| | 6A – Panel Discussion: Mental health issues and schools |
| | 6B – CIT: How It Can Serve Your Community |
| | 6C – License to Mend: A New Normal (a survivor panel discussion) |
| | 6D – QPR (Question, Persuade, Refer) |
| 2:45 | Closing General Session: A Roundtable Discussion and Q&A with conference presenters and members of the state Suicide Prevention Advisory Committee |
| 3:30 | Conference Adjourns |

Registration Form

Advancing Suicide Prevention in Missouri

Capitol Plaza Hotel
415 West McCarty Street
Jefferson City, Missouri
September 10 & 11, 2007

I will be attending:

Both days (\$59.00)
Monday, Sept. 10th only (\$39.00)
Tuesday, Sept. 11th only (\$39.00)

Capitol Plaza Lunch (check one)

Both days
9/10 only
9/11 only

Please list any special dietary concerns _____

Please register me for the following breakout sessions

2C & 4D limited to 30 people

Day One:

1A
1B
1C

2A
2B
2C

3A
3B

Day Two:

4A
4B
4C
4D

5A
5B

6A
6B
6C
6D

*Lincoln University
Workshops & lunch
9/11/2007*

Name _____

Employer _____

Home Address _____

Work Address _____

City _____ State _____ Zip _____

City _____ State _____ Zip _____

Daytime Phone _____

Profession _____

Email _____

Degree _____

***Please select payment method &
fill out corresponding section:***

☐ Visa

☐ MasterCard

☐ P.O.

☐ Check

Credit Card# _____ Exp _____

P.O. # _____

Please attach copy

Billing Address _____

Organization _____

Address _____

*"I authorize a charge against my credit card
in the following amount \$ _____"*

City _____ State _____ Zip _____

Attention _____

Name on Card _____

Daytime Phone _____

Signature _____

(Required)

Please make checks payable to: ACT Missouri

**Please keep a copy of this form to
serve as a receipt for payment for
documentation in your records.**

Mail to:

ACT Missouri
428 E. Capitol, 2nd Floor
Jefferson City, MO 65101

NOTICE: No refunds will be made
for any cancellations less than five
days prior to conference.

Or fax registration:
573.635.7257

Office use only: Date Rcvd

CK#

AMT

CERT

PO#